

DINNERLY



August Vegan Lunch Special!

Creamy Coconut and Tomato Soup



30 minutes



2 Servings

Bring Dinnerly to lunch with this easy, dreamy soup. Simply blend roasted herbed cherry tomatoes with luscious coconut milk, then top with giant garlic croutons for a soul-warming vegan bowl.

WHAT WE SEND

- 1 red onion
- thyme
- oregano
- 2 vegetable stock cubes
- 250g cherry tomatoes
- 2 garlic ciabatta bread ^{1,6,17}
- 200ml coconut milk

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 125ml (½ cup) boiling water
- 1 tbs olive oil

TOOLS

- 1L (4 cup) baking dish
- oven tray
- medium saucepan
- stick blender or food processor

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

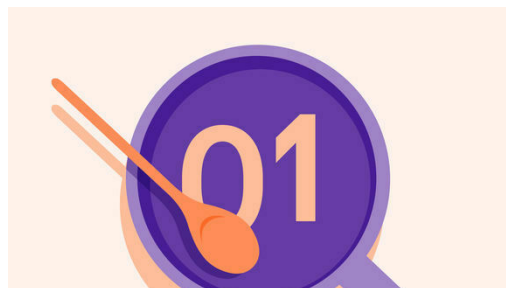
Due to current supply shortages, we've substituted oregano for the basil, pictured. Don't worry, the dish will be just as delicious!

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

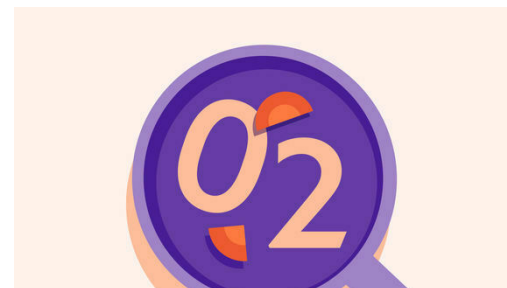
NUTRITION PER SERVING

Energy 355kcal, Fat 24.4g, Carbs 24.4g, Proteins 5.4g



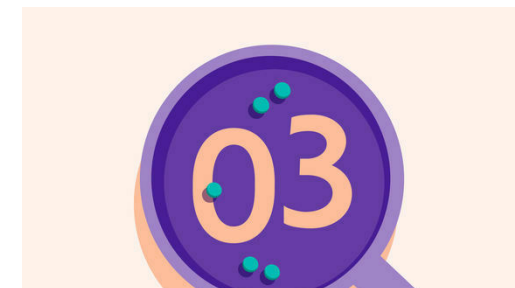
1. Prep ingredients

Preheat the oven to 220C. Thinly slice the **onion**. Strip the **thyme** leaves, discarding the tough stems. Pick the **oregano** leaves (see Cooking tip), discarding the stems. Crumble 1 **stock cube*** into a heatproof jug, add 125ml (½ cup) **boiling water** and stir to dissolve.



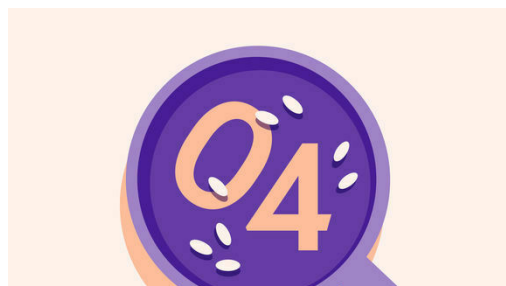
2. Roast tomatoes and onion

Put the **tomatoes, onion** and **thyme** in a 1L (4 cup) baking dish. Drizzle with 1 tbs **olive oil**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 20 mins or until tender.



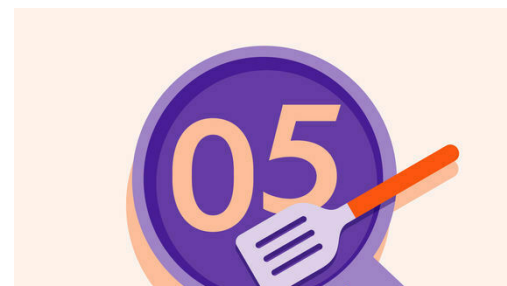
3. Bake croutons

Meanwhile, quarter the **garlic bread**. Put on an oven tray and bake on the lower shelf for 5 mins or until warmed through and crusty.



4. Make soup

Transfer the **roast tomato mixture** to a medium saucepan. Add the **stock** and **half the coconut milk*** and blend with a stick blender until almost smooth (see Make it yours). Bring the **soup** to a simmer over medium heat, then remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **soup** among bowls and scatter over the **croutons** and **oregano**. Enjoy!



6. Make it yours

Like it chunky or don't have a blender? Simply mash the roast tomato mixture with a fork instead of blending.